



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01134, Egg, whole, dried, stabilized, glucose reduced

Report Date: July 09, 2017 12:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	1.87	14	0.099	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	615	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	2574	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	48.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	43.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	222	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	8.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Phosphorus, P	mg	715	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	5.71	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	121.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	1.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	6.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	193	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	10.51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	2050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	13.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	0.120	42	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	9.703	69	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.374	69	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	17.564	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	1.463	69	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	16.102	69	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	5.713	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	4.881	69	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.124	32	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.368	47	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cholesterol	mg	2017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.771	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	2.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	3.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Leucine	g	4.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	3.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	1.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	1.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	2.721	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	2.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	3.468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	3.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	2.813	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	4.778	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	6.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	1.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Proline	g	1.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	3.661	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976